



Vol. 2, No. 1

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GOD'S NATURAL REMEDIES VS ALLOPATHY

How Knowledge about Health Went Backwards

THE STORY OF WESTERN HEALTH REFORM

In the 18th century, the method of treatment in Europe and USA was: bleeding, administration of opium, mercury, calomel, tartar emetic, inhalations of vinegar, water, and tobacco;

as a result of some of such treatments, George Washington, the President of USA died. In the middle of the 18th century, voices of reform began to be heard. In 1846, Sir John Forbes, editor of the *British and Foreign Medical Review*, wrote an editorial in which he called for substituting natural remedies instead of drugs. Dr. Worthington Hooker, advocated "discriminatory use of drugs" and "bleeding." For fever, one doctor prescribed milk and brandy internally as a drink; another doctor used water with brandy externally in the form of baths; and finally it was found that "water cure" was the best remedy for fevers.

For the afflictions of the lungs, tobacco as a remedy by smoking a cigar was advised by Dr. J. Boyd, in *Family Medical Adviser*,

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1845. In 1860, Dr. John J. Black, M.D. wrote: "True science had not yet dawned upon medical practice and medical thought. In 1876, Dr. Kellogg pointed out that only those who were "extraordinarily tough" could survive such treatment. With an absence of knowledge regarding diet, sanitation, and rational therapy, these methods of treatment wasted vitality, impaired the constitution, and shortened life. *The Health Reformer*, 1867.

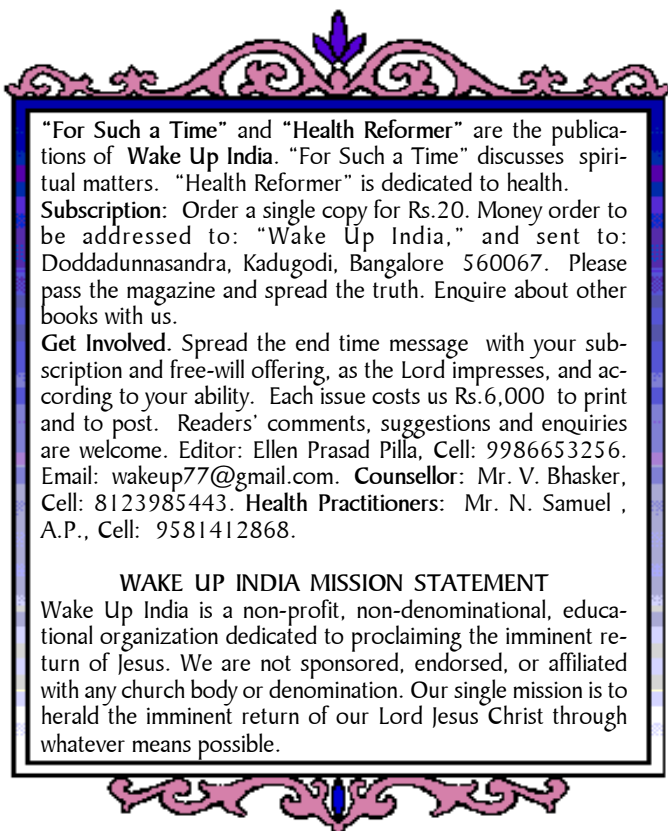
Movement Toward Reform—The Hydropathic Movement

In 1777, Dr. William Wright was sailing from Jamaica to USA. On board the ship, he caught typhus fever. He took

dangerous treatments but did not find relief. When he went on deck, due to cold air, he felt better. When he poured three buckets of water on himself, he was relieved and every symptom vanished. To prevent a relapse, he took a second cold bath. Soon, many passengers got typhus fever. Those who stayed down in the ship died; whereas those who went on the deck and had water poured on them, survived. Dr. James Currie recorded this in: *Medical Reports on the Effects of Cold and Warm Water as a Remedy in Fever and Other Diseases*, 1805. In 1778, when a plague of typhus fever raged in Liverpool, USA, Dr. Wright, from his personal experience, successfully treated patients with cold water treatment.

Discovery of Cold Water Treatment for a Sprain

Interest revived in water treatment when Vincent Priessnitz, a 13 year old Austrian, who sprained his wrist and crushed his thumb while working in the woods, cured himself by pouring water continuously on his injured part. At 16 years, he had another accident when he was knocked down by



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his horses and run over by his wagon, in which he lost three teeth, and broke three ribs. A surgeon bandaged him and declared that the wounds were incurable. However, Pressnitz tore off the bandages and applied cold cloth till the inflammation was subdued and the pain was alleviated. By pressing his abdomen against the window sills and inflating his lungs, he set the broken bones, and resumed the cold treatment, making a speedy recovery. *The Water Cure Manual*, 1852. Thus, water cures gained popularity.

Two Seventh-day Adventist American Physicians Who Pioneered in Treating Without Drugs

Dr. James C. Jackson (1811-1895) of New York State, who lost faith in the efficacy of drugs and discontinued their use in medical practice, after practicing twenty years as a physician, wrote: "In my entire practice, I have never given a dose of medicine; not so much as I should have administered had I taken the homeopathic pellet of the seven millionth dilution, and dissolving it in Lake Superior, given my patients of its water. I have used in the treatment of my patients the following substances or instrumentalities: first, air; second, food; third, water, fourth, sunlight; fifth, dress; sixth, exercise; seventh, sleep; eighth, rest; ninth, social influences; tenth, mental and moral forces." James C. Jackson, M.D., *How*

to Treat the Sick Without Medicine, pp. 25, 26. New York, 1868. He ran a large healthcare institute; published a monthly magazine, *The Laws of Life*, and wrote several books. He was the forerunner of hygienic reform in the USA.

Dr. R. T. Trall (1812-1877) was another physician who entirely discontinued the use of drugs in his practice. A physician writing in 1871 said about Dr. Trall: "Twenty-five years ago, Drs. Jennings, Trall, and Shew were about the only men of science who dared openly to question the utility of drugs or to advocate the simple laws of health."

The Water Cure Journal

In 1845, hydropathic movement and magazines such as: *The Water Cure Journal and Herald of Reform*," magazines began. This 24-page magazine had departments on food and diet, physical exercise, and other important features, and had a circulation of 30,000 copies. Many allopathic physicians were subscribers. The contribution of Drs. Jackson and Trall was that they recognized the therapeutic value of water as one of the remedial agencies provided by nature and their institutions survived. Those who practiced "water cure" as their main dependence, failed. These pioneers also recognized the relationship between obedience to laws of life and Christian character. Ω

'WAKE UP INDIA' IS IN NEED OF A PHYSICIAN WHO COULD TREAT PATIENTS WITH NATURAL REMEDIES. AND A PHYSICIAN WHO IS WILLING TO LEARN TO HOLD 18-20 DAY CAMPS FOR SMOKERS AND ALCOHOLICS. INTERESTED MAY CONTACT WUI.

18TH CENTURY, AGE OF ENLIGHTENMENT

Eighteenth Century was a turning point in world history. For 1,260 years, starting from AD 538 until 1798, as was predicted by the Bible prophecy, the Roman Catholic church had ruled the world with doubtful tradition, irrationality, superstition and tyranny, and had killed over 50 million Jews and Christians. This period was called "The Dark Ages," or "The Age of Persecution." When the Roman persecution ended in 1798 with General Berthier, under Napoleon, putting the Pope in prison, the "Age of Reason" began, followed by the "Age of Enlightenment." There was a revolution in the

people of the world. In this period, the intellectuals were courageous and led the world towards progress. During this time, many revolutions such as American and French Revolutions, the Latin American independence movement, the Polish Constitution of May 3, rise of capitalism, the birth of socialism, the protestant movement, began in this century. It also saw enlightenment in spirituality, philosophical ideas and sciences such as physics, chemistry and biology. Pascal, Galileo, Sir Isaac Newton, Voltaire, William Miller, Ellen G. White, and several other greats came on the world's scene at this time. Ω

MID-18TH CENTURY IS THE BEGINNING OF THE END OF THE WORLD

In 1844, an important event that concerns the earth, took place in heaven. The prophecy of Daniel 8:14 says: "For two thousand, three hundred evenings and mornings then the sanctuary will be vindicated" (cleansed). The 2,300 day prophecy, which began in 457 BC, ended on October 22, 1844. What happened in 1844? Christ entered the Most Holy place in the heavenly sanctuary and began the final phase of investigative judgement by opening the records of the earthlings. Should the earthlings know about this important event?

Yes, God made the people know this fact by the numerous revolutions, Millerite movement, and by the great dis-

appointment which happened at this time. God also poured His Spirit on several people to let them know that the investigative judgment began in heaven. While many protestant churches rejected this light, the Seventh-day Adventist church accepted what the Lord had revealed to them, and to these people, greater truths such as: the importance of the law, the seventh-day Sabbath, the sanctuary in heaven; the investigative judgment, the news that they are the remnant church, the health message, the three angels' messages, spirit of prophecy, etc. were revealed. We will discuss the health message that Ellen G. White received from God. Ω

NATURAL REMEDIES IN HEALING ARE BETTER THAN
DRUG MEDICATIONS.

WHAT IS THE SIGNIFICANCE OF THE CURRENT REVOLUTIONS IN THE WORLD?

Is 2014, beginning of Closure of books in heaven?

I wish to make one observation. If “The Dark Ages” were followed by “The Age of Enlightenment,” and revolution—at which time also the investigation of records in heaven began; inasmuch as several revolutions are happening lately, what is about to happen in the world today? Since December 2010, several revolutions took place in the world: Libya, Kyrgyzstan, Tunisia, Ukraine, Syria, the Egyptian revolution, the Arab Revolt of 2010, and now the anti-corruption revolution in India. Is something important about to happen?

I strongly believe so. I believe that the “Inspection of records” in heaven, which began 170 years ago in 1844, during the time of 18th century revolution, is about to close, and God is about to pronounce the awful words: *“He that is unjust, let him be unjust still: and he which is filthy, let him be filthy still: and he that is righteous, let him be righteous still: and he that is holy, let him be holy still.”* Revelation 22:11.

Before God closes the books and pronounces the final words, He is giving

one last chance to this world to choose the group they wish to fit into: the “righteous” or the “filthy.” And God is using the honest in countries to fight corruption and to cleanse the people. As a result of this, the people will form into two groups: the “filthy” or the “righteous.” Today, as I write, the Rajya Sabha voted the Telangana bill. In spite of the whole country crying foul, the UPA government passed the bill using all crooked ways, falling into Christ’s category, the ‘filthy.’ I have never seen governments elected by the people, behave so badly with the people who elected them into power, like I have seen in the Telangana issue. This tells that the time for the earthly governments is about to end and the righteous kingdom of God is about to be established. I have also noted that corruption is at its height in Andhra Pradesh. Perhaps through division, God will cleanse Andhra people. God is using Arvind Kejriwal, Anna and several social reformers in India, who are causing the revolution, to cleanse the people so that they could fit to enter the heavenly kingdom. Dear Brother and sister, please join this revolution and be counted among the righteous! Ω

THE MILLERITE MOVEMENT OF THE 1840S

The health message of the Seventh-day Adventist church is connected with the Millerite movement. William Miller (1782-1849) was a Baptist preacher. From the prophecy of Daniel 8:14: “Unto two thousand and three hundred days; then shall the sanctu-

ary be cleansed;” Miller understood the words, ‘the cleansing of the sanctuary,’ to mean that Christ would come to the earth to burn the earth. He understood the date to be October 22, 1844. When the period passed and Christ did not come, on the next day,

over 24 disappointed people received visions from God in which they saw heaven opened and Christ move from the Holy Place of the heavenly temple, to the Most Holy Place and begin the investigation of the records. It was then that they understood that there is a temple in heaven and that the recording angels are recording our deeds in the books. They understood that Christ, instead of coming to this earth, entered the Most Holy Place to do the final work of cleansing the records of sin before He comes to this earth with His reward. They were told to warn the world to prepare for Christ's Second

Coming. These believers named themselves 'Seventh-day Adventists' (they keep 7th day Sabbath and await Christ's Second advent). And because they accepted to obey God's Ten Commandments, God gave them additional light to enlighten the world, one of which is the health message.

With an enormous work of giving this message to the world in their hands, the Seventh-day Adventists, in the 1800s, opened schools, colleges, hospitals, printing presses, health reform institutes, health food companies, and published health magazines. Ω

GREAT DISCOVERIES IN THE WORLD WERE FROM DREAMS

Did you know that many of great discoveries in the world were from dreams? Both good and bad discoveries were from dreams, either influenced by God or by Satan. Some good discoveries are: Dream lead to noble prize in physiology to Otto Loewi; Kekule dreamed of molecules and benzene structure; Madame C. J. Walker who invented cure for hair loss, became a millionaire from a dream; Elias Howe invented the sewing machine from a dream; Srinivasa Ramanujan learned mathematical formulas in dreams; sub-

liminal clues from fossil was perceived in a dream by Louis Agassiz; Dmitriy Mendeleev saw the periodic table in a dream; and Ellen G. White received over 2,000 dreams and visions, in which God gave a health message to the world. The Seventh-day Adventist health message, is from the Lord, the Maker of our bodies. What God revealed to Ellen G. White with regard to health reform, will be published in *Health Reformer*. All the above discoveries happened in the 18th century.Ω

ELLEN G. WHITE (1827-1915)

Ellen G. White is one of America's greatest women. A founder of the Seventh-day Adventist Church, hospitals, schools around the world, she was a pioneering reformer in health and education, a prolific writer and a prophet. She received over 2,000 visions from God. Her work of health re-

form began in 1863, from a 45-minute vision she received on health. She was a heavy meat-eater then. She said that people wishing to live a life of the Spirit have a sacred duty to attend to their health. They should abstain from tobacco, alcohol, and meat, be temperate in eating and work, and whenever



possible, use natural remedies to heal diseases.

One of the first to speak out strongly against the health dangers of tobacco and sugar, she also untiringly urged people to give up alcohol and meat. "Sugar," she wrote, "when largely used, is more injurious than meat." By the late 1890s Ellen White was very actively encouraging people to abstain from flesh foods, for both health and spiritual reasons. She taught that eating meat changes the disposition by stimulating and strengthening the lower passions, contaminates the blood and weakens the system's ability to resist disease, causes grossness of the body, clouds the fine sensibilities of the mind, enfeebles the moral and spiritual nature, and in some cases, leads to the transmission of disease by the consumption of the flesh of cancerous or tubercular animals.

In 1896 she wrote, "Something must be prepared to take the place of meat, and these foods must be well prepared, so that meat will not be desired." Like most Americans in the late 1800s, Ellen White was apparently unaware of soybeans or soyfoods, for she never mentioned them in her writings. Yet her

call for alternatives to meat played a key role in the subsequent development by Adventists of such foods, first based on gluten, then later on soy. After the turn of the century, Ellen White began to teach Adventists how to make gluten patties and related meat analogs in their home kitchens. She also discouraged the use of vinegar (she believed that it irritates the stomach lining, contains hard-to-digest acetic acid, and that it should be replaced with lemon juice) and vinegar pickles, and of irritating spices such as black pepper (it is the most irritating to the stomach lining and can produce ulcers; it should never be used), white pepper, horseradish, mustard, and sharp cheeses.

Writings on health: Ellen White's major books on health include *Counsels on Health*, *Healthful Living*, *Ministry of Healing*, and *Counsels on Diet and Foods*. These are available on the internet. In these works Ellen White gave the Western world one of its most eloquent, most profound and far reaching statements of the relationship between proper maintenance of the physical body and the pursuit of the spiritual life, an area generally neglected by Christianity. She taught that to violate the natural laws of the body by improper diet and unhealthful living, injures both the body and the spirit. More than a century of nutritional research has, without exception, confirmed the correctness of Ellen White's teachings on diet and health, which are as timely and relevant today as ever.

In 1901 she wrote a most interesting statement on "Manufacture of Health Foods," warning of potential "trouble as high as mountains" in this area, yet praising the work of Dr. John Harvey

Kellogg. She continued: "The Lord will teach his servants how to make food preparations that are more simple and less expensive. In all our plans we should remember that the health food work is the property of God and is not to be made a financial speculation for personal gain. It is God's gift to his

people and the profits are to be used for the good of suffering humanity everywhere... no one has the right to engage in the manufacture of these foods in any selfish way." Her disciple was Dr. John Harvey Kellogg, of the Kellogg Corn Flakes and breakfast cereals. Ω

THE SEVENTH-DAY ADVENTISTS (SDA)

Emily Esfahani Smith, Feb 4, 2013

The Lovely Hill: Where People Live Longer and Happier

In one idyllic community in southern California, Adventists live 4 to 7 years longer—and more healthily and happily—than the rest of the country.

A look at their diet, lifestyle, and philosophy.

When Ellsworth Wareham was in his nineties, he decided that his house in Loma Linda, California—a beautiful city 60 miles east of Los Angeles, Spanish for "lovely hill"—needed a new fence. But rather than hire a contractor to install the wood fence, as most nonagenarians would no doubt do, Wareham went to the hardware store, bought the supplies he needed, and returned to dig some post holes. As Dan Buettner recounts in his book *Blue Zones: Lessons for Living Longer From the People Who've Lived the Longest*, Wareham proceeded to put the wood fence up himself.

A few days later, Wareham was in the hospital—performing open-heart surgery on a patient.

Some Adventists get personally offended if they get colon cancer or some other disease.

Wareham has had some extraordinary experiences. During World War II, he was a doctor in the Navy; once, when he was on board a destroyer near the coast of Okinawa, he removed the appendix of an officer as the ship was being tossed about in the middle of a typhoon. In the 1950s, he did pioneering work on open-heart surgery when it was still a new technique. On a U.S. State Department sponsored trip in 1963, some surgeons from Loma Linda—including Wareham—were with a team of doctors that brought open-heart surgery to Pakistan for the first time. And during the Vietnam War, the work that he and other heart surgeons did in Saigon was featured on the Walter Cronkite show.

By many accounts, Wareham, now 98, has led a good, full, and meaningful life. What does he know that we don't?

As a middle-aged man, Wareham spent a lot of time in the operating room cutting into one patient after another who had heart problems. There, he noticed something: patients who were vegetarian mostly had much cleaner and smoother arteries than those who ate meat. The arteries of meat-eaters tended to be full of calcium and plaque.

So he made a choice. He decided to become a vegan. That decision was not too hard to make given the fact that many of the inhabitants of his southern Californian community were already very health conscious. Consider: there is no meat sold at one of the largest grocery stores in town. In fact, as recently as a generation ago, meat was difficult to find in the grocery stores of Loma Linda, as the New York Times reports. On top of that, smoking is banned in the town; alcohol is scarcely available; and fast food restaurants are hard to come by.

But make no mistake: Loma Linda is not some bohemian enclave of free-spirited vegans. Rather, what makes the community remarkable—and remarkably health conscious—is that it is home to one of the largest concentrations of Seventh-Day Adventists in the world. A conservative denomination of Christianity founded during this country's Second Great Awakening in the mid-1800s, the religion advocates a healthy lifestyle as a main tenet of the faith. This is a major reason why Wareham, a Seventh-Day Adventist, takes his health so seriously.

"Adventists believe in the body and soul as one," according to Dr. Daniel Giang of Loma Linda University's Medical Center. Pastor Randy Roberts of the same university drives the point home: "In Corinthians, Paul, speaking of the human body says specifically, 'you are the temple of the Holy spirit.' Therefore, he says, whatever you do in your body, you do it to the honor, the glory and the praise of God." The Seventh-Day Adventists, like Jews and Muslims, stay away from foods that the Bible deems impure, like pork.

Many Seventh-Day Adventists are vegetarians, physically active, and involved in their community. In other words, their lifestyles are quite unique in America where community has become less and less important and over one third of the population is obese. Smoking and drinking are discouraged by the faith, as is the consumption of caffeine, rich foods, and certain spices. By most of our hyper-connected standards, the Seventh-Day Adventists are also an isolated community. Unlike other Christian sects that take their Sabbath on Sunday, they take theirs on Saturday. The more conservative members of the religion cut themselves off from popular culture altogether.

Because of their unique lifestyle, scientists from a variety of organizations like the National Health Institute and the American Cancer Society have since 1958 been studying how the community's dietary habits, lifestyle, disease rates, and mortality interact in a series of studies known as the Adventist Health Studies. What they have found in the decades since is remarkable.

Loma Linda leads the country in longevity. While the average American woman will live to be 81, vegetarian Adventist women in Loma Linda will on average live to be 86. While the average American man will live until 76, the average vegetarian Adventist man will live until 83.

The Adventists are also notably resilient. "Some Adventists get personally offended if they get colon cancer or some other disease," says a doctor from the town.

The death rate from cancer for Adventist men is 60 percent lower than that of the average California male; for Adventist women, it is 75 percent lower. According to Loma Linda University, ground zero in the Adventist Health Studies, “Death from coronary heart disease among Adventist men was 66 percent [lower compared to their California peers]; for Adventist women, it was 98 percent [lower]. Stroke death rates for Adventist men were 72 percent [lower], compared to their non-Adventist counterparts. For Adventist women, death from stroke was 82 percent [lower].”

These facts have led Buettner, a National Geographic Explorer, to label Loma Linda as America’s hot spot (or “blue zone”) of health and longevity. Their physical health is not the only thing outpacing that of regular Americans. On measures of mental health and well-being, the Adventists also score much higher than the average American.

What are the Adventists doing differently from the rest of us?

Beyond their conservative lifestyle and commitment to faith—research shows that attending religious services regularly is associated with greater longevity and happiness—there is also the matter of what they eat, which is a mostly Mediterranean diet. Eating like Greeks not only can account for their excellent health, but it may also explain why they score higher on measures of well-being.

According to research in psychology, happiness is determined by three variables. Your genetic makeup accounts

for 50 percent, and your circumstances account for 10 percent. The remainder of your enduring happiness is determined by the choices we voluntarily make—how we think and act and what we do on a day-to-day basis. That 40 percent, as social psychologist Sonja Lyubomirsky points out in her book *The How of Happiness*, can go a long way.

According to a new large study, which will be published in a forthcoming issue of the *Journal of Psychosomatic Research*, eating Mediterranean foods is linked to feeling happy. People who eat foods associated with a Mediterranean diet—non-starchy fresh vegetables, fresh fruits, olive oil, legumes, and nuts—experience more of those emotions associated with being happy than people who eat a typically American diet, which consists of high-fat dairy products, eggs, refined grains, and processed food.

The health benefits of eating Mediterranean foods have been well documented. People whose diets incorporate a healthy serving of fresh vegetables, olive oil, fish, whole grains, and fruit are at lower risk for heart disease and cancer, the two leading causes of death in the United States. They are also at lower risk for diabetes and Alzheimer’s. They are better able to control their weight and cholesterol levels; they tend to be more alert; they exhibit less depressive symptoms; and they may live longer.

To see what difference eating a Greek diet makes, consider the effects that just three simple patterns of the Mediterranean diet have had on the Adventists.

The first is the role of nuts, which forms a large part of the Adventist diet in Loma Linda. According to Gary Fraser, a doctor and professor at the Loma Linda University School of Medicine, "Adventists who consumed nuts at least five times a week had about half the risk of heart disease of those who didn't. This was true of men, women, vegetarian, non-vegetarian—we split the population up about 16 or 17 different ways and each time asked the question, 'Does nut consumption matter?' And every time we saw that it did." The nut eaters also lived two years longer than those who did not regularly consume nuts.

Then there are tomatoes, a staple of the Mediterranean diet. If you are an Adventist woman who eats tomatoes three or four times a week, you are 70 percent less likely to get ovarian cancer than your friends who eat tomatoes more sparingly. For men, eating tomatoes decreases the chances of getting prostate cancer.

Finally, eating meat makes a big difference. Adventist men who do not eat meat outlive American men by seven years. Adventist women who do not eat meat outlive American women by five years. Many Adventists do not eat meat, but even those that do outlive their peers thanks to the amount of vegetables, fruits, and other healthy foods they eat. Meat-eating Adventist men live 7.3 years longer while the women live 4.4 years longer than other Californians.

On the other side of the spectrum, we know that certain dietary patterns, like eating lots of fatty foods, are associated with depression and mental illness.

Drew Ramsay, MD, of Columbia University elaborates:

Emerging research in the fields of neuroscience and nutrition show that people who eat a diet of modern processed foods have increased levels of depression, anxiety, mood swings, hyperactivity, and a wide variety of other mental and emotional problems. One study found that adolescents with low-quality junk food diets are 79 percent more likely to suffer from depression. Another found that diets high in trans fats found in processed foods raised the risk of depression by 42 percent among adults over the course of approximately six years. And a huge study of women's diets by the Harvard School of Public Health concluded that those whose diets contained the greatest number of healthy omega-3 fats (and the lowest levels of unhealthy omega-6s) were significantly less likely to suffer from depression.

While scientists know a lot about the health benefits of a Mediterranean diet and eating patterns associated with mental illness, they know far less about the eating habits that are related to a thriving and good life. This new study steps in to fill that void.

"Much of the published research has focused upon food's association with depression and food's association with disease," Patricia Ford, the lead author of the study, tells me. "This study is focusing upon positive health and positive well-being."

Ford and her team at Loma Linda University examined the eating patterns of over 9,000 healthy Seventh-Day Adventists in North America over a four-year period. How often did they

eat fast food? Did they eat meat? What kinds of dairy products were they consuming? What about nuts? Desserts? Fish? They then examined their self-reported feelings of positive and negative emotions—how often did they feel inspired? Excited? Enthusiastic? Upset? Scared? Distressed?

The researchers found that those who eat like Greeks feel more inspired, alert, excited, active, determined, attentive, proud, and enthusiastic than those who consume a more typically American diet consisting of highly processed foods, soda, and sweets like cookies and doughnuts. People who eat foods associated with a Mediterranean diet also experienced less negative emotions like being afraid, nervous, upset, irritable, scared, hostile, and distressed. The more people ate those foods that are more typically American—specifically, red meat, sweets, and fast food—the less of these positive emotions they felt.

For women, the findings of Ford's study were particularly dramatic. Though men ate more red meat, processed foods, desserts, sodas, and fast foods than women, when women ate unhealthily, they experienced more emotional distress. Not only did those who ate red meat and fast food frequently experience less positive moods, but they also experienced more negative feelings, a pattern not seen in men who ate less healthy foods.

Those women might look to the life of Marge Jetton for inspiration. Like Wareham, Jetton is a model of the Adventist lifestyle. At 100 years old, Jetton, a former nurse, would wake up at 4:30 am each morning. After get-

ting dressed and reading from the Bible, she would work out. When she completed her mile-long walk and 6-8 miles on the stationary bike, she had oatmeal for breakfast. For lunch, she would mix up some raw vegetables and fruit. Occasionally, she would splurge on a treat like waffles made from soy and garbanzo beans. That wasn't all. The centenarian volunteered regularly, barreled around town in her Cadillac Seville, and pumped iron. She also tended to a garden that grew tomatoes, corn, and hydrangeas.

Though she was sad and lonely after her husband died in 2003, she found happiness in serving other people. "I found that when you are depressed, that's when you do something for somebody else. My motto is: A stranger is a friend we haven't met yet." Another motto: "Try to be happy in spite of your trials." Marge died in February 2011 at the age of 106. Her friends and community remembered her as being quick-witted and funny. "She represented the promise of good living," Buettner said when she died.

Ellen White was one of the founders of the Seventh-day Adventist church. She was a vegetarian health reformer, and vegetarianism and other health teachings of the Adventists are due to her efforts. She believed that the human body represented God's temple and therefore it should not be abused.

Several studies have found that Adventists are significantly healthier than the general population. Vegetarians owe much to Seventh-day Adventists, since much of what is now known about health effects of vegetarianism comes from their studies. Ω

DRUGS THE CAUSE OF MOST DEATHS

"The Ellen G. White Research Project"

"I was shown that more deaths have been caused by drug-taking than from all other causes combined. If there was in the land one physician in the place of thousands, a vast amount of premature mortality would be prevented. Multitudes of physicians, and multitudes of drugs, have cursed the inhabitants of the earth, and have carried thousands and tens of thousands to untimely graves." EGW in Spiritual Gifts, V. 4, p. 133.

One of Ellen White's favorite topics, besides the gospel, was healthful living. Here is what she had to say in August 1864 about what she considered one of the most common causes of death.

"I was shown that more deaths have been caused by drug-taking than from all other causes combined. If there was in the land one physician in the place of thousands, a vast amount of premature mortality would be prevented. Multitudes of physicians, and multitudes of drugs, have cursed the inhabitants of the earth, and have carried thousands and tens of thousands to untimely graves." EGW in Spiritual Gifts, V. 4, p. 133.

Thus Ellen White believed that more than 50% of deaths were due to "drug-taking." Sound weird, extreme, radical, and just plain off the wall? Not if you're a regular reader of the Journal of the American Medical Association (JAMA). But before we quote from that most prestigious of medical journals, let's explore just a little about what Ellen White meant by "drug-taking."

It might seem to the modern reader that Ellen White was denouncing the use of antibiotics, but they weren't discovered yet in 1864 when the above was published. Instead, physicians of that bygone era resorted to such odd-

sounding remedies as "mercury, strychnine, arsenic," "opium," and tobacco. Are these the drugs Ellen White was referring to? We think the situation is better today than in Ellen White's day, given the fact that medical science has progressed to the point that far fewer drugs contain mercury, strychnine, and arsenic. In fact, one has to resort to homeopathy to get a dose of strychnine, aka *nux vomica*. Thus it wouldn't surprise us if today's mortality statistics for drugs are lower than 50%.

What drugs should we consider in answering that question? A careful perusal of *Spiritual Gifts* and other works indicates that Ellen White, similar to modern authorities, classified tobacco, alcohol, and even tea and coffee as drugs:

- ◆ They become addicted to the use of wine and alcohol, tobacco and opium, and go from one stage of debasement to another. *Temperance*, p. 274.
- ◆ I was shown that the innocent, modest-looking, white poppy yields a dangerous drug. Opium is a slow poison, when taken in small quantities. *Spiritual Gifts*, vol. 4, p. 138.
- ◆ Tobacco, in whatever form it is used, tells upon the constitution. It is a slow poison. *Spiritual Gifts*, vol. 4, p. 126.

- ◆ Tea and coffee are stimulating. Their effects are similar to those of tobacco; but they affect in a less degree. Those who use these slow poisons.... *Spiritual Gifts*, vol.4, p. 128.
- ◆ Nature does her best to expel the poisonous drug, tobacco; but frequently she is overborne. *Healthful Living*, p. 109.
- ◆ Under the influence of the drink they take, they are led to do things from which, if they had not tasted the maddening drug, they would have shrunk in horror. When they are under the influence of the liquid poison, they are in Satan's control. *Temperance*, p. 24.
- ◆ [The physician] is called to attend young men and men in the prime of life and in mature age, who have brought disease upon themselves by the use of the narcotic tobacco. *Counsels on Health*, p. 322.
- ◆ if I liked wine, tea, and coffee, I would not use these health-destroying narcotic. *Selected Messages*, vol. 2, p. 302.

Therefore, when comparing today's mortality statistics with Ellen White's statement that "more deaths have been caused by drug-taking than from all other causes combined," should we include deaths from alcohol and tobacco?

The Cause of About 25% of Deaths

The March 10, 2004 issue of JAMA carried a very interesting study by

Mokdad et. al. entitled, "Actual Causes of Death in the United States, 2000." Out of 2.4 million deaths that year, the following were listed as among the causes of death:

Cause of Death	Estimated Range	Estimated Number	% of Total Deaths
Tobacco	Not Given	435,000	18.1%
Alcohol consumption	70,808 to 140,000	85,000	3.5%
Illicit drug use	Not Given	17,000	0.7%

The above numbers indicate that roughly 25% of fatalities in the year 2000 were due to tobacco, alcohol, and illicit drugs. While that's a huge chunk of the > 50% figure Ellen White referred to, it isn't >50%. But then, we've got a number of other studies to look at.

Properly Administered Drugs

Quite remarkable was the report by John Hopkins' Dr. Barbara Starfield in the July 26, 2000 issue of JAMA. This report ("Is US Health Really the Best in the World?") expressed concern that U.S. health falls way behind other industrialized nations. It summarized death rates from several causes in the following way:

Thus we have a modern, medical authority telling us that, despite today's much rarer use of mercury, strychnine, and arsenic in medicines, we still have at least 113,000 (106,000 + 7,000) deaths a year due to medicinal drugs, with 93.8% of that number involving no errors whatsoever. In other words, nearly 1 out of every 20 people who die

Cause of Death	Estimated Number
Nonerror, adverse effects of medications	106,000
Nosocomial infections in hospitals Other errors in hospitals 20,000	80,000
Unnecessary surgery	12,000
Medication errors in hospitals	7,000

in the United States each year die as a result of a medicinal drug they receive.

Why the Numbers Could Be Higher

When we examine the study that Dr. Starfield based her 106,000 figure on, we discover that the picture may be better or worse than that. According to Lazarou et. al. in *"Incidence of Adverse Drug Reactions in Hospitalized Patients,"* deaths in hospitals due to properly prescribed and properly administered drugs range from 76,000 to 137,000 (JAMA, Apr. 15, 1998). 106,000 was but the average of these two numbers.

Lazarou's study only considered serious Adverse Drug Reactions (ADRs) in its calculations, and excluded events considered to be possible ADRs. It also excluded events "caused by errors in administration, noncompliance, overdose, drug abuse, or therapeutic failures."

The study defined a serious ADR as "an ADR that requires hospitalization, prolongs hospitalization, is permanently disabling, or results in death." One can imagine that a serious ADR that was permanently disabling rather

than fatal this year could be a contributing factor toward death in later years. This consideration would make Ellen White's statistics higher than those of Lazarou et. al., since she does not specify that the drugs have to cause death immediately.

"Organ Failure"

Another reason why her statistics might be higher is explained by Dr. Starfield:

... "currently, most deaths resulting from these underlying causes are likely to be coded according to the immediate cause of death (such as organ failure). "Is US Health Really the Best in the World?" JAMA, July 26, 2000, p. 484.

In other words, since most fatalities are likely blamed on the patient's organ failure rather than on the drugs they were taking that caused the organ failure, Dr. Starfield contends that we really don't know how many people are dying each year because of prescription drugs. And this problem is a global one, for at least in Ireland, "less than 10% of all serious" ADRs get reported (*National Medicines Information Centre*, vol. 8, num. 3 (2002), p. 3).

Yet another reason why Ellen White's statistics might be higher is the fact that Lazarou's study only considered deaths due to drugs in hospitalized patients, whereas she was referring to everyone, whether outpatient or inpatient.

Thus, even given the fact that "most deaths resulting from these underlying causes are likely to be coded according to the immediate cause of death

(such as organ failure)," Lazarou still concludes that "fatal ADRs ranked between the fourth and sixth leading cause

of death in the United States in 1994." *Adam Hart-Davis/DHD Multimedia Gallery.*

Type of Serious ADR	Estimated Range of Serious ADRs	Estimated Number of Serious ADRs	Estimated Range of Fatalities	Estimated Number of Fatalities
Resulted in a hospital admission	1,033,000 to 2,060,000	1,547,000	15,000 to 71,000	43,000
Occurred in the hospital	635,000 to 770,000	702,000	41,000 to 85,000	63,000
Totals	1,721,000 to 2,711,000	2,216,000	76,000 to 137,000	106,000

Aren't They Tested?

How can this be, given the fact that new drugs are routinely tested so well? Maryann Napoli of the Center for Medical Consumers explained some of the reasons why in her testimony before the "Meeting of the Institute of Medicine's (IOM's) Committee on the Assessment of the US Drug Safety System," a meeting that occurred on July 19, 2005.

Mrs. Napoli explained that drug companies sponsor the trials that test the drugs, and thus are responsible for the reports that get published in "high-profile medical journals." (Sound like a possible conflict of interest?) While those reports describe supposed benefits quite well, they frequently omit key data regarding ADRs. For example, in men, statin drugs are supposed to lower the risk of non-fatal heart attacks by 1.8%, yet the reality is that that 1.8% lower risk is accompanied by a 1.4% increased risk of death, significant dis-

ability, hospitalization, or a life-threatening event. Moreover, 60% of the trials being reviewed refused to turn over their "serious adverse events" data, thus making it impossible to know really how beneficial or detrimental these drugs really are.

It isn't as if Ms. Napoli's concerns are new. Back in 2001 John P. A. Ioannidis, MD and Joseph Lau, MD had this to say after looking at 192 randomized drug trials:

The various types of ADRs Lazarou et. al. gave were as follows:

- ◆ **RESULTS:** Severity of clinical adverse effects and laboratory-determined toxicity was adequately defined in only 39% and 29% of trial reports, respectively. Only 46% of trials stated the frequency of specific reasons for discontinuation of study treatment due to toxicity.... Overall, the median space allocated to safety results was 0.3 page. A similar amount of space was de-

voted to contributor names and affiliations

- ◆ **CONCLUSIONS:** The quality and quantity of safety reporting vary across medical areas, study designs, and settings but they are largely inadequate. Current standards for safety reporting in randomized trials should be revised to address this inadequacy.—"Completeness of Safety Reporting in Randomized Trials," JAMA, Jan. 24, 2001.

29%, 39%, and 46%. That's not real good considering that people's lives are at stake.

Rat Poison a Common Cause of ADRs

An advisory committee for the University of Iowa Hospitals and Clinics has a Pharmacy and Therapeutics Subcommittee, which puts out periodic newsletters. One of those newsletters had this to say:

- ◆ ..."the nine most frequently reported agents associated with an adverse drug reaction were: warfarin, phenytoin, levofloxacin, vancomycin, morphine, amiodarone, IVIG, nafcillin, and tirofiban. *P&T News*, May 2003.

Warfarin (aka Coumadin), the first drug on the above list, has been a common ingredient in rat poison for a long time. A common anti-coagulant, it causes rats and mice to bleed internally, which then makes them thirsty, which then makes them head out of doors to find water. Since they end up dying outside instead of in your house, your house

smells better, and that's why it's been so popular in rat poison.

Unfortunately for a lady we visited in the hospital in early 2006, she had been given warfarin, without adequately monitoring her blood to make sure her clotting ability had not dropped too far. It's absolutely essential that anyone taking Coumadin be carefully monitored, but this lady wasn't. She ended up bleeding inside her skull, and was in ICU when we saw her. She nearly died.

Ellen White's Alternative

Okay, so what did Ellen White advocate using instead of all these drugs?

- ◆ Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them. *Counsels on Health* p. 90.
- ◆ In the Saviour's manner of healing there were lessons for His disciples. On one occasion He anointed the eyes of a blind man with clay, and bade him, "Go, wash in the pool of Siloam.... He went his way therefore, and washed, and came seeing." John 9:7. The cure could be wrought only by the power of the Great Healer, yet Christ made use of the simple agencies of nature. While He did not give countenance to drug medication, He sanctioned the use of simple and natural remedies. *Desire of Ages*, p. 824. Ω

FLESH FOODS SHOULD NOT BE PLACED BEFORE OUR CHILDREN.

GOD'S NATURAL REMEDIES TO THE WORLD GIVEN THROUGH ELLEN WHITE

by Creation Seventh Day Adventist Church

Mrs. White taught that we should use natural means to achieve health such as herbs, hydrotherapy, rest, sunshine, fasting, fresh air, etc. She was decades ahead of the AMA (American Medical Association) in condemning the use of tobacco. She spoke out strongly against the use of caffeine in coffee and tea. She also advocated the proper combinations of food, the elimination of free oils and grease, the reduction of sweets, and she promoted fresh fruits, vegetables, nuts, and grains as the all-sufficient diet for man.

Even though Ellen's education stopped in the third grade because of a disfiguring accident, dozens of her books are still used as literary standards in colleges around the world. The book Education has been highly esteemed by college and university professionals in departments of education in America.

The National Health Federation named her for The President's Award posthumously in 1986 because of her pioneering efforts in Natural Health which the National Health Federation is valiantly preserving against tremendous opposition. There are Adventists who continue in the spirit of Ellen White's natural health message within the ranks of the NHF. They feel that they are part of the "right arm" which introduces society to a higher quality of life.

The following are excerpts from Ellen G. White's writings concerning drugs used as medicine versus natural methods. For those who are unfamiliar with

the counsels of Mrs. White, this exposure will give you an introduction to her insights. References are given so you can read them in their complete context, if desired.

1. "Poisonous drugs should not be used" (*Medical Ministry*, p.16). "Physicians exalt science above God" (*Healthful Living*, p.265).
2. In a letter to Dr. Kellogg, "...in no case are you to stand as do the physicians of the world to exalt allopathy above every other practice, and call all other methods quackery and error; for from the beginning to the present time the results of allopathy [using drugs as medicines to suppress symptoms] have made an objectionable showing...Drug medication has broken up the power of the human machinery, and the patients have died." (Letter 67, 1899).
3. "The medical fraternity would call the Lord's prescription for Hezekiah quackery [putting figs on a boil]" (Letter 67, 1899).
4. Drug practice "is a delusion and a farce." (Letter 59, 1898). "Drug medication has its origin in perverted knowledge" (*Temperance*, p.75).
5. "...Let us give up [the use of] drugs" (19MR, p.51). "A wrong course of eating or drinking destroys the health..." (*Testimonies for the Church, Vol. 2*, p.69).

6. The only remedy for disease is Christ's method of cleansing. (2 SM, 288-89). We cannot make our bodies clean by concealing or cloaking symptoms with Satan's productions.
7. Drug taking is a fraud practiced on the public by ill-informed practitioners (*Medical Ministry*, pp. 221-231). It is man's attempt to make himself physically whole while violating God's laws. It is Satan's deceptive sorcery to divert the mind from God. (see: *Medical Ministry*, p. 221; *Healthful Living*, p. 23; *Counsels on Diets and Foods*, p. 17; and *Temperance*, p. 129).
8. "Our people are going far from the light which God has given on this subject. The methods of drug medication have created the bitterest animosity in feeling, wicked jealousies, evil thinking, and evil speaking of their brethren.
9. "Such a spirit may be expected in the world, but when it becomes a controlling power among Christians, it is an offense to God. It is a shame when manifested among those who profess to be followers of Jesus. There must be a reform among the medical fraternity or the church will be purged from those who will not be Bible Christians. It is altogether too late in the day for such exhibition of Spirit as is revealed among medical drug practitioners. God abhors it." (Letter 48, 1892).
10. "We must leave drugs entirely alone" (Letter 67, 1899). "Drug-ging should be forever abandoned; for while it does not cure any malady, it enfeebles the system, making it more susceptible to disease" (*Healthful Living*, p. 244).
11. "Drugs never cure disease; they only change the form and location...When drugs are introduced into the system for a time they seem to have a beneficial effect. A change may take place, but the disease is not cured. It will manifest itself in some other form..." (*Healthful Living*, p. 243).
12. "Institutions should be established for treating the sick without drugs" (*Medical Ministry*, 229). "It is the Lord's purpose that His method of healing without drugs shall be brought into prominence in every large city through our medical institutions" (*Counsels on Health*, p. 393).
13. "I do not think I can give you any definite line of medicines compounded and dealt out by doctors that are perfectly harmless and yet it would not be wisdom to engage in controversy on this subject....
14. "Many of those who practice the prescribing of drugs would not take the same or give them to their children....
15. "The matter was laid open before me and the sad burden of the results of drug medication. The light was given me that Seventh-day Adventists should establish health institutions disregarding all these health-destroying inventions. Physicians should treat the sick upon hygienic principles" (Letter 17a, 1893).
16. "The intricate names given to

medicines are used to cover up the matter so that none will know what is given them as remedies unless they obtain a dictionary to obtain the meaning of their names" (Letter 82, 1897).

17. "The true method of healing the sick is to tell them of the herbs that grow for the benefit of man. Scientists have attached large names to those simplest of preparations but true education will lead us to teach the sick they need not call in a doctor anymore than that they would call in a lawyer. They can themselves administer the simple herbs necessary." (MS 105, 1898).
18. "Shall physicians continue to resort to drugs which leave a deadly evil in the system, destroying that life which Christ came to restore? Christ's remedies cleanse the system, but Satan has tempted man to introduce into the system that which weakens the human machinery, clogging and destroying the fine, beautiful arrangements of God. The drugs administered to the sick do not restore, but destroy. Drugs never cure; instead, they place in the system seeds which bear a very bitter harvest.
19. "Our Savior is the restorer of the moral image of God in man. He has supplied in the natural world remedies for the ills of man, that His followers may have life, and that they may have it more abundantly. We can with safety discard the concoctions which man has used in the past. The Lord has provided antidotes for disease in simple plants, and these can be used by faith...for by using the blessings provided by God for our benefit we are cooperating with Him. We can use water and sunshine and the herbs which He has caused to grow for healing maladies brought on by indiscretion or accident." (MS 65, 1899).
20. "A cup of tea made from catnip herb will quiet the nerves"... "Hop tea will induce sleep. Hop poultices over the stomach will relieve pain.
21. "If the eyes are weak, if there is pain in the eyes, or inflammation, soft flannel clothes wet in hot water and salt, will bring relief quickly.
22. "When the head is congested, if the feet and limbs are put in a bath with a little mustard, relief will be obtained.
23. "If we neglect to do that which is within the reach of nearly every family, and ask the Lord to relieve pain, when we are too indolent to make use of these remedies within our power, it is simply presumption. (Psalms 19:13 reads as follows: 'Keep back thy servant also from presumptuous sins; let them not have dominion over me; then shall I be upright, and I shall be innocent from the great transgression.')
24. "The Lord has given some simple herbs of the field that at times are beneficial: and if every family were educated in how to use these herbs in case of sickness, such suffering might be prevented, and no doctor need be called. These old-fash-

ioned, simple herbs, used intelligently, would have recovered many sick, who have died under drug medication." (Letter 82, 1897).

25. "Those who make a practice of taking drugs, sin against their intelligence and endanger their whole after life. There are herbs that are harmless, the use of which will tide over many apparently serious difficulties...But if all would seek to become intelligent in regard to their bodily necessities, sickness would be rare instead of common. An ounce of prevention is worth a pound of cure" (MS 86, 1897).
26. "One of the most beneficial remedies is pulverized charcoal in a bag and used in fomentations. This is a most successful remedy. If wet in smartweed, boiled, it is still better" (Letter 82, 1897).
27. "I will tell you a little about my experience with charcoal as a remedy. For some forms of indigestion, it is more efficacious than drugs. A little olive oil into which some of this powder has been stirred, tends to cleanse and heal." (Letter 100, 1903).
28. "No people are saved because they have great light and special advantages, for these high and heavenly favors only increase their responsibility. The more and increased light God has given make the receiver more responsible." (Letter 55, 1886).
29. "If church members (SDA doctors) do not act the part God has assigned them, the movement of health reform will go on without

them, and it will be seen that God has removed their candlestick out of its place." (MS 78, 1900).

[NOTE: The foregoing paragraphs were adapted from an article "Reprinted by permission from the March 1986 National Health Directory" by the National Health Federation. In that article the following editor's note appeared: "The original Greek word for sorcery is 'pharmakeus' which means a mixer of poisons (see Strong's Concordance); also Webster's 1986 New World Dictionary defines Pharmaceutical as 'the practice of witchcraft.'"]

It should be noted here that the last two quotes by Ellen White above are most significant. What happened is that the SDA church members did not "act the part God . . . assigned them"; and therefore, "God has removed their candlestick out of its place." We see that the health message has been taken up by virtually every imaginable group and to varying degrees. The New Age Movement is active in modern health reforms, along with the Church of Jesus Christ of Latter-Day Saints and various other Eastern thinkers. It has been recognized that "the world" has seized the health message from the Church. Unfortunately, the SDA church, so blessed with "great light and special advantages", did not progress to "finish the race." The "eleventh-hour workers" are now in the vineyard to raise up the standard and repair the breach. EGW counsel is:

"Let them teach the people to preserve the health and increase the strength by avoiding the large amount of cooking that has filled the world with chronic invalids. By precept and example make

it plain that the food which God gave Adam in his sinless state is the best for man's use as he seeks to regain that sinless state." (*Counsels on Diet and Foods*, p. 460).

Books have been written on the amazing accomplishments and spiritual gifts of Ellen G. White. If you desire to investigate any of these, or if you wish to

receive, at no cost to you, an E. G. White publication, contact us by E-mail.

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Introduction

It is a fact that there was no America over 2,000 years ago. While the whites were in ignorance, India and China flourished with rich culture and

THE STORY OF EASTERN HEALTH

Ayurveda, "The Science of Life"

by Ellen Prasad Pilla

6,000 year old ancient knowledge. I will back it up with some data.

Those who have read my article on "Caste and the Bible" (*For Such a Time*, June 2011), will note my saying that people moved in the direction of the Sun, from the East to the West.

God planted a Garden in the East. The first civilization on the earth is the Chinese Civilization. Chinese population reached 1 billion mark years before India reached. The first ten generations from Adam to Noah (Manu) lived in China for 1,656 years. This total is achieved by computing their ages as recorded in the Bible.

After the Flood, Noah's boat landed on Mt. Everest, making Mohenjodaro and Harappa Civilization to be the second Civilization. Genesis: 11:2 records: "And it came to pass, as they journeyed from the EAST, that they found a plain in the land of Shinar; and they dwelt there." From India, the "rebellious" (as Ellen G. White said), led by Nimrod, moved Westward by the silk route via Afghanistan, where Kush plants, Kush valley, and Kush moun-

tains exist. So, Babel in Iraq (later Babylon) became the third civilization.

After confusion of languages there, the confused moved to Egypt and Greece, forming fourth and fifth civilizations simultaneously. Some returned to India and China, a reason why there are many languages in these countries.

The patriarchs in the East who never moved, remained back in India and China. Noah's third grandson, Sin, who was born on the mountains of the East (Mt. Everest), moved back to China and restarted Chinese (Sino) Civilization there.

The Book of Jubilees and *The Legends of the Jews*, say that Noah divided the earth among his three sons by lots as follows:

Earth's top, cold portion, North, fell to Japheth, his second son, who was white. Jephetheth is blessed with philosophical genius.

Earth's middle portion, a tropical region, fell to Shem, his first son, who was brown. Shem was gifted with spirituality.

The Earth's bottom, hot, Southern portion fell to Ham, who was black. He inherited technological genius.

So, according to the promise made to their father, each occupied territories which fell to them by lot, where presently their populations live. The earth and China are about 6,000 years old, while Indian civilization is 5,000 years old.

Noah/Manu Wrote a Book With Remedies Residing in Plants

Ancient sacred books mention about the existence of some books.

Book of Enoch says that Enoch wrote over 30 books from the visions he received and these were put in Noah's boat.

Another book said that the book God gave to Adam, which held all knowledge on medicinal properties in plants, Enoch found in a cave; studied all of it and hid it back, which Noah found and passed to Shem.

Book of Jubilees, Chapter 10:12 says: "And we (angels) explained to Noah all the medicines of their diseases... how he might heal them with herbs of the earth. And Noah wrote down all things in a book as we instructed him concerning every kind of medicine.... And he gave all that he had written to Shem, his eldest son."

The *Legends of the Jews* gives more information. "Raphael (angel) revealed to Noah all the remedies residing in plants, that he might resort to them at need. Noah recorded them in a book, which he transmitted to his son Shem. This is the source to which go back all the medical books whence the wise men of India, Aram, Macedonia, and

Egypt draw their knowledge. The sages of India devoted themselves particularly to the study of curative trees and spices; the Arameans were well versed in the knowledge of the properties of grains and seeds, and they translated the old medical books into their language.

"The wise men of Macedonia were the first to apply medical knowledge practically, while the Egyptians sought to effect cures by means of magic arts and by means of astrology.... Medical skill spread further and further until the time of Aesculapius. This Macedonian sage, accompanied by forty learned magicians, journeyed from country to country, until they came to the land beyond India." *The Legends of the Jews*, Chapter 10.

The *Book of Jubilees* says that the brown people of the earth from Israel to all of East including India are the children of Shem. I believe that Shem and Noah are buried on the Indian soil because, per Ellen G. White, the children of the three ancestors inherited the characteristics of their ancestors. Indians inherited Shem's spirituality, and also Shem's books.

One other incident I would like to connect here is: When the Israelites returned from Babylon after 70 year captivity, and rebuilt their temple; they could not find the book of the Law. Ezra, the scribe, under inspiration, compiled the present Bible from the ancient books of Apocrypha. In about 1960s, the government of Israel received a letter from the Jews of Kerala, India, saying that their ancestors had brought the books of the Law, which are now in the possession of a Hindu temple.

Now, putting all the information together, my conclusion is that Ayurveda and other eastern systems of medicine, derived from these ancient books. They originated in India, the land of Shem, from the God of Shem. It is possible that the ancient health books mentioned in Apocrypha, must be in some Hindu temples.

If my assumption is not true, how is it that 6,000 years ago, when there was no scientific knowledge, that India correctly identified the medicinal plants? And know that there is healing power in the plants? And why did they devoutly preserve the knowledge if it was not divine? In fact, this knowledge is preserved in their spiritual books. The fact that even today, the reason 80% of the Indians use medicinal plants as remedy is because natural cure has been so ingrained in their daily lives for thousands of years together.

I believe that there is much value in ayurveda and that it is God's healing method. However, like all systems got corrupted, even Ayurveda got corrupted with some Hindu beliefs. While I believe in the curative properties of medicinal plants used in Ayurveda, I do not agree with the use of magic or chanting of mantras during yoga; adding minerals such as lead, silver, gold to raise the cost; fats; cow urine; bones, etc. I am eager to learn about the herbs and roots and the ailments they cure, but God's way is that these be used in simple form by individuals on own, instead of through prescription drugs.

Hindism Preserved Knowledge About God's Natural Remedies in Plants

Two hundred years ago, in the 18th century, when the Western countries were groping in darkness of ignorance and were using dangerous narcotics or were bleeding people to death in the name of healing them, India, with perfect knowledge from God, was using God's natural remedies.

The more I read the ancient history, the more I am proud of India, except for the corruption which makes one angry. There is so much positive influence India can make on the world if cheating and looting can stop.

Said a messenger of God: "Those who despise God and His Ten Commandments cannot self-govern themselves." India has preserved all the knowledge that God has given to the people since the beginning of the world; but it does not call Him by His right name. It is a good thing that Hindus have remained as Hindus for the past 5,000 years, because, if they had converted, the Roman power would have confiscated all their books and would have forced them to follow in a wrong path. But because Hindus never accepted Christ, Rome could not touch them. And thus, God found a people to preserve His knowledge.

Look at the wealth of knowledge about the true God that Hinduism, from the time of Shem, has preserved—astronomy, mathematics, vegetarian diet, knowledge about the 7th day, Biblical festivals in the form of Hindu festivals, God's remedial methods for healing, etc.? I am sure somewhere in some Hindu temples, are the ancient scrolls of apocrypha, Shem's and Enoch's books. I am very sure that these will be brought out some day and that many

Hindus will accept the God of the Vedas, who is Lord Jehovah, the soon coming Jesus Christ.

My gratitude to Hinduism for preserving the knowledge about God's natural remedies in the plants and roots!

I invite ayurvedic doctors to contribute articles to this magazine about plants and the diseases they cure, and how they should be used. Western herbal books mention methods such as: (1) Keeping leaves and flowers in boiled water for a few minutes, and drinking the tea (infusion); (2) boiling harder parts of the plants such as roots, bark and seed and drinking the tea (decoction); (3) Sun-extract; (4) cold-extract; (5) juice (leaves and roots ground in a juicer, and (6) poultice (bandage with herbs, clay, charcoal, etc.). The recipe should be simple for people to make in their own kitchens. Ayurveda is becoming popular and will become more popular in these last days because God said that all prescription drugs are a poison to the body and that His children, awaiting to go to heaven, should switch to using natural remedies, and that they should follow His healing methods and not allopathy.

India has over 100 colleges which offer degrees in traditional ayurvedic medicine. They have begun research in ayurvedic sciences. They patented over 1,200 formulas of various systems of Indian medicine, such as ayurveda, unani and siddha. The library possesses 50 traditional ayurveda books in digitised form, available online. The Central Council of Indian Medicine (CCIM) has a department of AYUSH (Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homeopathy).

However, since America banned ayurvedic medicines because of prejudice from medical fraternity; and also because of toxic levels of heavy metals such as lead, mercury and arsenic in them; I would ask why pure herbal tea packets could not be manufactured with no additives in them. Since ghee is fattening, and too much honey is not safe, and sometimes with the fear that cow urine must be in these wet ayurvedic medicines, non-Hindus avoid to use them. Such fears could be remedied if various herbs are put in tea bags, thus changing the life style of tea and coffee drinkers of India. These should be sold at cheaper rates. Ω

COUNSELS TO THE PHYSICIANS – EXCERPTS

by Ellen G. White

“The true physician is an educator. He recognizes his responsibility, not only to the sick who are under his direct care, but also to the community in which he lives. He stands as a guardian of both physical and moral health. It is his endeavor not only to teach right methods for the treatment of the sick, but to encourage right habits of living, and to spread a knowledge of right principles.” EGW

The desire of God for every human being is expressed in the words, “Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.” 3 John 2. When Christ healed disease, He warned

many of the afflicted ones, "Sin no more, lest a worse thing come unto thee." John 5:14. Thus He taught that they had brought disease upon themselves by transgressing the laws of God, and that health could be preserved only by obedience.

The physician should teach his patients that they are to cooperate with God in the work of restoration. The physician has a continually increasing realization of the fact that disease is the result of sin. He knows that the laws of nature, as truly as the precepts of the Decalogue, are divine, and that only in obedience to them can health be recovered or preserved. He sees many suffering as the result of hurtful practices who might be restored to health if they would do what they might for their own restoration. They need to be taught that every practice which destroys the physical, mental, or spiritual energies is sin, and that health is to be secured through obedience to the laws that God has established for the good of all mankind.

Let it be made plain that the way of God's commandments is the way of life. God has established the laws of nature, but His laws are not arbitrary exactions. Every "Thou shalt not," whether in physical or in moral law, implies a promise. If we obey it, blessing will attend our steps.

Let attention be called to the laws that were taught to Israel. God gave them definite instruction in regard to their habits of life. He made known to them the laws relating to both physical and spiritual well-being; and on condition of obedience He assured them, "The

Lord will take away from thee all sickness." Deut. 7:15.

Our Saviour's words, "Come unto Me,... and I will give you rest" (Matt. 11:28), are a prescription for the healing of physical, mental, and spiritual ills. Though men have brought suffering upon themselves by their own wrongdoing, He regards them with pity. In Him they may find help. He will do great things for those who trust in Him.

Christ was a physician of both soul and body.

A competent physician should teach how to care for the sick without use of drugs. No one can do as much for the sick as converted physicians. Physicians should educate by pen and voice. Health talks should be given by physicians engaged in city evangelism.

Physician must follow no tradition, custom or practice condemned by God. Physicians are as Christ's ambassadors. God gives wisdom and skill to them. Angels are at side of godly physicians. Christ is beside a physician in delicate and perilous surgical operations. The greatest physician is one who walks in Christ's footsteps.

Christ's methods of labor should be adopted by them. A physician learned in the school of Christ will watch for souls. Most successful physicians are those who fear God from their youth. They should do house to house missionary work. The prayer of physicians, God hears and answers.

Physicians must aim at perfection. SDA physicians are bound by covenant with God to present importance of obeying His law. Education of physicians should be in harmony with divine truth.

Should hold meetings for counselling together. Should not unite with unbelievers in medical work. A physician's work does not end with healing maladies of body but should extend to diseases of mind.

Physician administering poisonous drugs is censurable. A careful and competent physician will deal scarcely ever in drugs. Do not consult clairvoyant physicians, "electric," or any physician who uses hypnotic methods.

Concealing from patients cause of their suffering forfeits confidence of his clients. A physician dependent on drug medication, does not understand human organism.

Physicians become inefficient as a result of disregarding physical laws. An intelligent physician has increasing knowledge of connection between sin and disease, and is able to trace disease to its cause.

Men physicians: Should care for men patients, should not give delicate treatments to women in SDA institutions. They should not do the work of midwives. Unnecessary exposure of women before men physicians is wrong. Women patient should never be alone with men physician. They need to cultivate courtesy and kindness toward patients.

Neglecting to tell patient regarding evils of improper eating and drinking does mankind injury. Physicians sin against themselves by not conforming to nature's laws.

SDA institutions should not employ physicians opposed to SDA teachings on diet; those practicing contrary to laws of health; those prescribing flesh foods

to patients; who do not reason from cause to effect; who set bad example; who prescribe slow poisons to cure disease; who are ready to experiment on human lives; and who recklessly abuse their bodies on who God will work no miracle to save.

Physicians recommending diet of flesh are disqualified as superintends of health institutions.

It is unsafe to trust physicians who do not fear God, such as saying that it is fatal to stop using tobacco; or prescribe some drug to cure ailments which could be best remedied by throwing away tobacco smoking.

SDA sanitariums were established to reform medical practices of physicians.

Fees charged by worldly physicians should not rule in SDA institutions. Large fees should not be charged for a few minutes' work. God-fearing physician does not charge exorbitant prices.

Proclaim to the sick that sin is always followed with suffering; and while combating pain and disease, you should plainly lay before them that which you know to be the real cause, and the remedy—"cease to sin," and point them to the sin-pardoning Saviour. Minister and physician are engaged in the same work.

To prepare souls for death: Should the physician feel it his duty to open the truth to his patients? That depends on circumstances. In many cases all that should be done is to point to Christ as a personal Saviour. There are those who would only be injured should any new doctrine not in accordance with their previous views be brought before them. God must guide in this work. He

can prepare minds to receive the word of truth. It is just as much a physician's duty to prepare the souls before him for what is to take place as to minister to their physical needs. Let them know their danger. Be a faithful steward for God. Do not let anyone be launched

into eternity without a word of warning or caution. You cannot neglect this and be a faithful steward. Physicians should remember that they will meet their patients at the judgment seat of God. Ω

Compiled from *EGW Index and The Ministry of Healing*, by Ellen

THE LAW OF THE GOSPEL EXPLAINED

Condensed From the Book: "Thoughts from the Mount of Blessing" by EGW

Continued from Sept. 2013 "Health Reformer"

REVIEW: We found that Christ's sermon on the Mount lists the characteristics of the people who will be in heaven, or the characteristics one should have in order to go to heaven. That is, they should be meek, have true sorrow for sin, patience, and gentleness under wrong. They should die to self, should strive for holiness, and should be merciful to the erring, tempted and needy. They should be pure in heart and have a growing distaste for careless manners, unseemly language, and coarse thought. They should be peace makers by leading others to renounce sin and to turn to God.

If any should think that Christ did away with the Ten Commandments at the Cross, Christ emphasized that He came to magnify the Law, and to include in the Law, all the heart issues that are connected with it, such as:

1. Where the 3rd Commandment said: "Thou shalt not take the name of the Lord thy God in vain," Christ said: "Not only calling God's name in vain, but that your word should always be "yes" or "No" and that there should be nothing in between. The saints in

heaven should be truthful and pure people. Judicial oath is an exception.

2. Where the 6th commandment said: "Thou shalt not kill," Christ said: "Even if you call your brother 'rascal' or call him 'dalit,' lame,' etc., it is equal to killing him and you are violating the 6th commandment. Any one who is angry with his brother shall be in danger of judgment. Matt. 5:22. One should be reconciled to his brother. We need to improve our relationships with humans.

3. Where the 7th commandment said: "Thou shalt not commit adultery," Christ said: if you look at a woman with a lustful eye or divorce your partner unmercifully, you are breaking the 7th commandment. Families of earth, in their unity, represent the family of heaven.

Whereas the Ten Commandments present a model of conduct for this earth, the beautitudes take us a step higher. They inspect our heart. There is no way anyone can go to the gates of heaven and seek entrance by saying: "I have kept the Law." You will be asked to open your heart for inspection. How will we develop a pure heart? For this,

we need a sin-pardoning Saviour. We need to draw close to our Saviour, look at the way He lived the beatitudes in His life with meekness and humility, bore our cross, and live like Him in order to fit into heaven. There are no short cuts. Therefore, we should keep the Law and more.

The Spirit of God gives love for hatred. To be kind to the unthankful and to the evil, to do good hoping for nothing again, is the insignia of the royalty of heaven and the token of their highest estate. God has made provision that we may become like unto Him, and He will accomplish this for all who do not interpose a perverse will and thus frustrate His grace. We need often to retire to some spot, however humble, where we can be alone with God. In the hush of silence of the soul that voice which never fails to answer the cry of human need will speak to our hearts. He who fasts in real sorrow for sin will never court display.

The treasure Christ esteems as precious is the saints, who are pure and perfect. He looks upon His people in their purity and perfection as the reward of all His sufferings, His humiliation, and His love, and the supplement of His glory—Christ, the great Center, from whom radiates all glory. Character is the great harvest of life. And every word or deed that through the grace of Christ shall kindle in one soul an impulse that reaches heavenward, every effort that tends to the formation of a Christlike character, is laying up treasure in heaven.

Real piety begins when compromise with sin is at an end. Christ does not say that man will not or shall not serve two masters, but that he cannot. The interests of God and the interests of mammon have no union or sympathy. Just where the conscience of the Christian warns him to forbear, to deny himself, to stop, just there the worldly steps over the line, to indulge his selfish propensities. On one side of the line is the self-denying follower of Christ; on the other side is the self-indulgent world lover, pandering to fashion, engaging in frivolity, and pampering himself in forbidden pleasure. On that side of the line the Christian cannot go.

No one can occupy a neutral position; there is no middle class, who neither love God nor serve the enemy of righteousness. Christ is to live in His human agents and work through their faculties and act through their capabilities. Their will must be submitted to His will; they must act with His Spirit. Then it is no more they that live, but Christ that lives in them. He who does not give himself wholly to God is under the control of Satan. Temptation is enticement to sin, and this does not proceed for God, but from Satan and from the evil of our own hearts.

Christ places the salvation of man, not upon profession merely, but upon faith that is made manifest in works of righteousness. Doing, not saying merely, is expected of the followers of Christ. It is through action that character is built. Ellen Prasad Pilla Ω

“Even severely blocked arteries begin to unclog in the majority of heart patients when they stop eating animal products and make other simple lifestyle changes. Atherosclerosis can be reversed.” — Dean Ornish, M. D.

Editorial—An Appeal to the Seventh-day Adventist Physicians

The message is clear. Allopathy [using drugs as medicines to suppress symptoms] has harmful and ill effects on the body. It poisons the blood, affects the brain, and causes brain paralysis. The disease is not cured but is increased tenfold. The form and location of the disease is changed. Fever cases are lost. The heart is affected, liver is affected, and joints become painful and diseased. It causes skin diseases and ulcers, and blood is poisoned. The system is weakened, tongue is paralyzed, and traces of evil are always left in the human body. Nature is often hindered in curing the disease. Nature's power to heal is paralyzed. Life is endangered, and results in premature death. Drugs kill, but never cure.

God would not have His people use drugs. God's people are not excusable for taking drugs into their stomachs. God's method of healing without drugs should be given prominence. Physicians should educate patients away from drugs. There is a terrible account to be rendered to God for use of drugs. Advocate entire abstinence of drugs in sanitariums. Health might be recovered by discarding of all drugs."

Ellen White wrote all the above sentences a hundred years ago in her health books, and Adventists, who distribute her books widely, know this information. The health message was given to the Seventh-day Adventist church so that they may practice it and become examples to the world, and thus the world is enlightened. But what are the Seventh-day Adventist doctors doing?

They have become one with the world, have exalted allopathy, and have neglected God's natural remedies. When they face their patients in judgment, what will they answer God?

Believing in one thing, doing something else, and hoping to go to heaven, is it possible? We need to deal truly with our soul and be answerable to our conscience before our judgment closes. Did we become doctors to save lives and souls; or to make money? The Adventists also know that the Investigative Judgment began in 1844 and that it is about to close in our day. More. The Adventists know that: "In the time of the end, every divine institution is to be restored." PK 678. And they know that it includes restoring God's health message, the use of natural remedies.

If you are Seventh-day Adventist doctor reading this, may I ask if God means whether you will help restore the use of God's natural remedies or if God needs to look for someone else? Could you please think it through seriously? Since God is short of people who have knowledge about human body, would you be willing to cooperate with God in opening a sanitarium to treat patients using God's methods in these last days? Think about it. Since God asks that many health centers be opened in each city where natural remedies will be used, do you foresee yourself in helping God in opening such? I hope you do. The time has come to deal truly with your soul and to come to God's aid. Ellen Prasad Pilla Ω



DEATH BEGINS IN THE COLON

Alimentary Toxemia Discussed Before the Royal Society of Medicine of Great Britain

The subject of alimentary toxemia was discussed in London before the Royal Society of Medicine, by fifty seven of the leading physicians of Great Britain.

Poisons of Alimentary Intestinal Toxemia

The following is a list of the poisons noted: Indol, skatol, phenol, cresol, indican, sulphuretted hydrogen, ammonia, histidine, indican, urobilin, methylmercaptan, tetramethylendiamin, pentamethylendiamine, putrescin, cadaverin, neurin, cholin, muscarine, butyric acid, beraimidazolethylamine, methylgandinine, ptomarpine, botulin, tyramine, agamaine, tryptophane, sepsin, idolethylamine, sulpheroglobin.

Symptoms and Diseases Due to Alimentary Toxemia - The Digestive Organs

Duodenal ulcer causing partial or complete obstruction of the duodenum; pyloric spasm; pyloric obstruction; distension and dilation of the stomach; gastric ulcer; cancer of the stomach; adhesions of the omentum to the stomach and liver; inflammation of the liver; cancer of the liver.

Weakening of the abdominal muscles so that the passage of contents is hindered. The abdominal viscera lose their normal relationship to the spine and to each other. Other conditions are: Catarrh of the intestines; foul gases and foul smelling stools; colitis; acute enteritis; appendicitis, acute and chronic adhesions and "kinks" of the intestines; enlargement of spleen, distended abdomen; tenderness of the abdomen; summer diarrhea of children; inflamma-

tion of pancreas; chronic dragging abdominal pains; gastritides; cancer of pancreas; inflammatory changes of gall bladder; cancer of gall bladder; gallstones; degeneration of liver; infection of the gums, and decay of the teeth; ulcers in the mouth and pharynx.

Heart and Blood Vessels

Wasting and weakening of the heart muscles; fatty degeneration of the heart; enlargement of the heart; the dilation of the aorta; high blood pressure; arteriosclerosis; permanent dialation of arteries.

The Nervous System

Headaches, acute neuralgia pains in the legs; neuritis, twitching of the eyes and of muscles of face, arms, legs; lassitude; irritability, insomnia, troubled sleep, typhoid state, paralysis, chronic fatigue, insanity, delirium, coma, etc.

The Eyes

Degenerative changes in the eye; inflammation of the lens, optic nerve, hardening of the lens, cataract, etc.

The Skin

Wrinkles, starchy skin, pigmentations of the skin, sores, boils, eczema, jaundice, etc.

Take Activated Charcoal for Remedy

Activated Charcoal is the world's strongest absorbant of poisons. A table spoon of activated charcoal powder mixed in a glass of water and taken internally, will absorb poisons in the mouth, stomach, intestines, colon, and will absorb poisons from every section of the body. Look for our next issue on the benefits of Activated Charcoal. *Data by M.E.E.T.* Ω

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